



IC Well

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Edited by [Mel Ginsberg-Stevens](#)

Stress Reduction Program

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While there are many approaches to stress reduction, one that has been extensively researched is the development of greater mindfulness through meditative practice.

Whether it's the work of Jon Kabat-Zinn at the University of Massachusetts Medical Center, which is based on Buddhist Insight Meditation, or that of Dr. Herbert Benson of Harvard, who has worked with Transcendental Meditation in his research, the results have been similar: impressive reduction of measurable levels of internal stress responses.

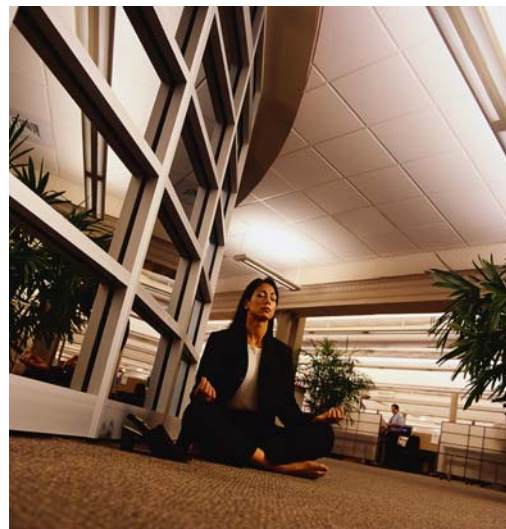
This focus on breaking the inner cycles of stress and increasing capacity for relaxation is why the approach is termed "stress reduction," as opposed to "stress management." Rather than focusing on external management of variables like time, a global and comprehensive solution is offered through mindfulness training.

The Wellness Clinic will be offering a four-week program with Donna DeLuca in which participants will learn strategies for achieving a balanced sense of health and ease by accessing our inner resources to relax and better meet the

challenges of everyday life.

We will use mindfulness meditation, body scans and

and pre-registration through Clinic is required. For more information, contact Donna at ddeluca1@ithaca.edu.



Donna DeLuca has taught mindful movement and meditation for over 25 years in venues including the CDC Atlanta, the Omega Institute for Holistic Studies, and Smith College. She is currently a graduate

gentle yoga to work directly with our stress and pain within a nurturing, engaged environment.

This program is open to all Ithaca College employees, and accessible to beginners. You may come in your work attire.

The class will meet four Wednesdays from 4:15 until 5:00 pm in the Clinic beginning February 8. Cost is \$25 for the series for Clinic members and \$35 for nonmembers. Class size is limited,

student in Sport Psychology, and was a professional intern at the Center for Mindfulness at UMass Medical Center and a Phoenix Rising Yoga Therapist.

By: [Donna DeLuca](#), Grad Student Trainer

Recipe Corner - African Peanut Soup

Ingredients

- 2 tablespoons olive oil
- 2 medium onions, chopped
- 2 large red bell peppers, chopped
- 4 cloves garlic, minced
- 1 (28 ounce) can crushed tomatoes, with liquid
- 8 cups vegetable broth or stock
- 1/4 teaspoon pepper
- 1/4 teaspoon chili powder (optional)
- 2/3 cup extra crunchy peanut butter
- 1/2 cup uncooked brown rice

Directions

1. Heat oil in a large stock pot over medium high heat. Cook onions and bell peppers until lightly browned and tender, stirring in garlic when almost done to prevent burning. Stir in tomatoes,

vegetable stock, pepper, and chili powder. Reduce heat to low and simmer, uncovered, for 30 minutes.

2. Stir in rice, cover and simmer for another fifteen minutes, or until rice is tender.
3. Stir in peanut butter until well blended and serve.



"This oddly wonderful combination of ingredients make a surprisingly different and delicious soup that everyone will enjoy! Serve with a dollop of sour cream on top and some crusty bread for dipping. YUM!"

Reference: allrecipes.com

Original recipe yield: 10 Servings.

<http://recipes.allrecipes.com/Utilities/PrintRecipe.aspx?RecipeID=73090&servings=10&Format=Full>

Wellness Clinic Nutritionist

The Wellness Clinic is pleased to introduce our new student Nutrition Counselor, Amanda Smith.

Amanda graduated from Ithaca College last semester, receiving her undergraduate degree in Exercise and Sport Sciences along with two minors, one in nutrition. She is now a graduate student here at IC, and is working towards her masters degree.

We encourage you to take advantage of this service! Amanda will be in the Wellness Clinic on Wednesdays from 2:45—3:45 and then again on Fridays from 9am—12pm. You can schedule an appointment during those times, or just stop in.

We do ask that you fill out a 3-day food log, found in our nutrition packet that you can get from your trainer. Filling out the food log will provide Amanda with a lot of valuable information necessary to help her with the consultation.



Amanda Smith
Nutrition Counselor

I am excited to take on this position and to begin working with all of

you. Please don't hesitate to come by. I look forward to meeting you all.

~Amanda Smith

Heart Health: No Pressure Blood Pressure

In honor of American Heart Month, on February 14th the Ithaca College Wellness Clinic and Exercise Science Department will once again be doing "No Pressure Blood Pressure."

Students will be visiting various buildings on campus between 8am and 3pm to provide free blood pressure screenings.

Should you decide to participate, it should take about one minute of your time and you will receive both the peace of



mind in knowing what your blood pressure is and also some information on blood pressure, risks associated with high blood pressure and ways to reduce it.

For more information on No Pressure Blood Pressure visit

http://www.ithaca.edu/wellness/no_pressure_bp/index.htm.

For a list of locations and times where the students will be during the day visit http://www.ithaca.edu/wellness/no_pressure_bp/schedule.htm.

For further information please call the Wellness Clinic at 274-1301

Heart Health: Heart Attack Prevention

Have you ever worried about having a heart attack? Have you ever worried about a friend or loved one having a heart attack?

With the National Cholesterol Education Program's latest guidelines for lowering cholesterol, doctors can predict your risk of having a heart attack in the next 10 years.

You can check out the guidelines yourself on the [National Institutes of Health website](http://www.nhlbi.nih.gov). You can also fill out an interactive questionnaire the NCEP put together that will help you determine your risk of having a heart attack.

When you use the risk assessment tool, fill-in your age, gender, total cholesterol level, level of HDL "good" cholesterol, smoker or not, and your systolic blood pressure. After calculating your 10-year risk, the following are examples of results you might arrive at and suggestions for lowering your heart attack risk.

Best Outcome

Your 10-year risk of a heart attack is less than 10 percent.
Your heart is safe. Your total cholesterol and LDL levels are good.

Your Cholesterol Goal: Keep your LDL level below 160.

Game plan: Regular exercise, weight reduc-

tion, and a healthy diet

The Reward: Healthy heart, better mood and overall health

Borderline Outcome

Your 10-year risk is between 10 to 20 percent.
Your heart needs help. You have got high cholesterol plus two or more risk factors.

Your Cholesterol Goal: Get your LDL to 130 or lower.

The Game Plan: If lifestyle changes are not enough, your doctor may recommend drug therapy.

The Reward: Make all the recommended lifestyle changes, and you will cut your heart attack risk in half.

High Risk Outcome

Your 10-year risk is greater than 20 percent.

Take action now. You are at high risk if any of the following is true...

You have high cholesterol and two other serious risk factors (e.g., very high blood pressure, very low HDL, a strong family history of heart disease), or you have had a stroke, heart attack, or other vascular disease such as an aortic aneurysm, or you have diabetes

Your Cholesterol Goal: Get your LDL to

100 or lower.

The Game Plan: Lifestyle changes plus a cholesterol-lowering statin drug are in order.

The Reward: You will lower your heart attack risk by as much as 60 percent and add years of good health to your life.

Please visit the National Institutes of Health website for more useful information.

<http://www.nhlbi.nih.gov> (National Heart, Lung, and Blood Institute website)
<http://hp2010.nhlbihin.net/atp/iii/calculator.asp?usertype=pub> (risk assessment questionnaire)

<http://www.nhlbi.nih.gov/about/ncep/index.htm> (National Cholesterol Education Program website)



Member Spotlight: Jerry Mirskin

Jerry is originally from Bronx, NY and has been a committed member of the Wellness Clinic for over 4 years.

He received his undergraduate degree at SUNY Fredonia, his Masters in writing theory at Binghamton University and his PhD in composition theory at UW Madison. He is currently a professor in the writing department and has been at IC since 1992.

The Wellness Clinic attracts Jerry with the wonderful fun and exciting at-

mosphere. He especially loves being surrounded by "the Optimism of Youth" in all the trainers and staff. He also has set himself the challenge of being able to keep up with director Frank Micale on a stationary bike for more than two minutes. We all know a little competition doesn't hurt!

Jerry is motivated by a "feel better all around" attitude. He typically works out an astounding six days a week, consisting of four days of cardio and two-three days spinning while mixing in circuit

strength training.

Jerry's short term goal is to compete with his wife and children in the AIDS Ride for Life on September 9, 2006 that concludes a century (100 mile) bike ride around the gorges in Ithaca.

We're happy to have Jerry as a part of the Wellness Clinic family.



Jerry Mirskin
Associate Professor, Writing

Trainer: Stephanie Herbst

Good luck Jerry & Family!

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February Issue Contributors Include:

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[Jen Salmon](#), Graduate Student Trainer

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If you have a question about wellness, email the [Wellness Clinic](#) today and one of our trainers will get back to you with an answer!

This service is **free** and available to all members and non-members.

Contact us Today!